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No. [redacted]

January 1957

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Regd. M. 4755

Health & Happiness

PUBLISHED MONTHLY

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OFFICE OF THE REGISTRAR OF BOOKS
11 FEB 1957
MADRAS

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LOOK AT THIS MAN

A few weeks ago he was a stone under weight—thin—lacking in energy. Now he is no longer thin but well built, with pounds of healthy flesh, which makes him LOOK better and FEEL better.

IF YOU ARE THIN & SKINNY

You too can build up your body and put on pounds of healthy flesh if you take Vitafos, the famous body builder. Vitafos builds up both men and women. It makes thin, skinny men WELL BUILT & STRONG. It develops flat chested bony women giving them BEAUTIFULLY FORMED BODIES. With it you can gain health, strength and a better appearance.

Send now for a supply of Vitafos, and in a few weeks you will be a different person—no longer skinny—no longer weak, but stronger, well built and with a better appearance. Don't let any failure in the past stop you from taking Vitafos, for it is a REAL BODY BUILDER & cannot fail to give you the extra flesh you need.

Read what Satisfied People Say

"I have gained 18 lbs. and my appearance has improved"-G. WESTON.

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**Per bottle Rs. 5-8-0. Three bottles Rs. 15-8-0
Six bottles Rs. 30. Postage. etc., extra.**

Amazing Hair Discovery

Re-grows new hair on bald spots
Restores natural colour to grey hair

Do you suffer from falling hair and dandruff? Are bald patches or grey hair making you look older than you are? The amazing hair tonic Restora brings new hope to all, for it revives healthy hair growth by feeding and stimulating the hair roots giving them the missing elements of nutrition which is the real cause of falling hair, etc.,

Start using Restora and let your mirror prove results. Your hair will stop falling out, dandruff will go, bald spots will be gradually covered with new hair, and grey hair will get back its natural colour.

Per bottle Rs. 5. Three bottles Rs. 14. Postage. etc., extra.

The British Chemical Works

Post Box No. 472
MADRAS-7

BIRTH

BEST QUALITY RUBBER PREVENTIVES

These rubber preventives are the **Best for Family Limitation** because they will not let you down by breaking during use, which often happens when cheap rubber preventives are bought. Further, we send you only **Fresh Stock** and all articles are carefully tested before despatch. So, get your requirements from us and be sure of satisfaction.

AMOUR superfine quality preventives. Specially made for men who want the best. They are extra thin and strong and so soft and fine that they are not felt in use. Will last extra long in hot climates. Guaranteed to be without holes and flaws and not to leak or split when used.

Extra special quality, per dozen Rs. 25, ½ dozen Rs. 13, ¼ dozen Rs. 7.

VELESTRA extra fine quality preventives for men. These are so thin, soft and fine that they are not felt in use. They will not leak or split as they are without holes or flaws.

Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

Neverrip Preventives for men. Good thin quality imported from England. Men who cannot afford the best will find these satisfactory. Dozen Rs. 12. ½ dozen Rs. 6-8.

Silktex preventives for men. Thin quality imported from America. One dozen Rs. 6-8.

Grecian Caps for men. These caps are about 2½ inches long and they cover only the G. P. They allow natural union and yet prevent conception. Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

New Type Preventives for men have a special fitting at the end which is very effective. They are different from French ticklers. Doz. Rs. 25, ½ doz. Rs. 13, ¼ doz. Rs. 7.

F. T.s' For men. These have rubber ticklers at the end and are very popular with men. Doz. Rs. 20; ½ Doz. Rs. 11. ¼ doz. Rs. 6.

Crocodile Preventives for men. These are made with slight ridges like crocodile skin. They will not leak or break and can be washed many times. Superior quality. Doz. Rs. 30. ½ doz. Rs. 16. ¼ doz. Rs. 9.

Duro Sheath for men. Made of fine quality latex rubber. Will not break and will last months in the hottest climate. Can be washed and used many times. Best quality. One Rs. 5, three Rs 14.

SPECIAL SAMPLE PACKET

of 10 different preventives for **Rs. 15.**

We give you here amazing value in this sample packet to prove that you will obtain better value and goods from us. The packet contains the following preventives.

2 Amoura	1 French Tickler
2 Velestra	1 Grecian Cap
1 New type f. 1.	2 Neverrips

1 Crocodile preventive.

Full Privacy. Send value plus Rs. 1-8 postage, etc. (also bank commission if a cheque is sent) and we will be able to send the parcel without our name on it.

Bon Ami check pessary for women. Improved type. Recommended by birth control authorities because it absolutely prevents conception. Three sizes, new superior quality. Price Rs. 7-8-0 each

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CURE SKIN ERUPTIONS THRO' THE BLOOD

ZEMRO
BLOOD MIXTURE

CURED THIS PERSON OF SKIN DISEASE AFTER

many ointments and blood cleansers had failed.

READ HIS TESTIMONIAL

Dear Sir,

I had suffered for five years with Eczema on my hands and had tried all kinds of ointments and blood tonics but they did not give me any relief.

A friend remarked about the state of my hands one day, and asked me if I had tried Zemro Blood Mixture as it was very good.

After three bottles of this blood mixture, my hands are clear of all the sores. I feel that I must recommend your blood tonic to all my friends as it has done for me that which no other tonic or ointment could do.

R. N. BANERJEE,
P. O. Suri, Birbhum Dt., Bengal.

Now Remove Your Skin Eruptions

BY TAKING THE SAME REMEDY

Zemro Blood Mixture is a **real blood cleanser,** formulated by a Specialist to cleanse the blood of impurities, etc., **every time it is taken.** It cures pimples, acne, bad skin sores, etc. by **removing the impurities causing them.** It smashes gout, rheumatism, etc. by **freeing the blood and joints of uric acid.** It gets rid of leucoderma (white patches) by removing the cause of this disease. **That is why Zemro always cures when other remedies fail and why it is the best for you.**

Follow the example of thousands of skin and blood sufferers who have cured themselves through Zemro Ignore lesser remedies which will only prove a waste of money. Zemro offers you **a sure cure** for whatever skin of blood disease you suffer from. **Put its efficacy to the test by getting 3 bottles.** The good it will do you, will give personal proof that it is a **real blood cleanser.**

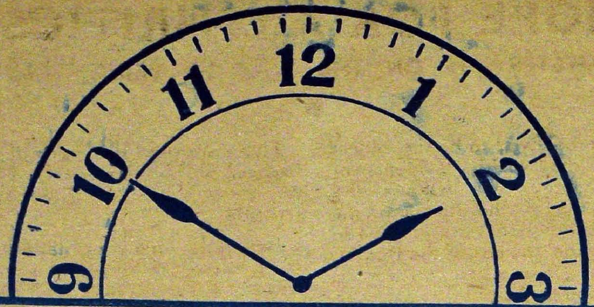
WHEN YOU TAKE ZEMRO YOU ARE ON THE ROAD TO SKIN HEALTH

New improved formula gives wonderful results

1 Bottle	Rs. 5-0-0
3 Bottles	„ 14-0-0
6 Bottles	„ 27-0-0

If you suffer from any skin or blood disease, write for this free booklet—**"How to Cure Skin and Blood Diseases Permanently."** It gives full information and the best way to get a lasting cure.

The British Chemical Works :: **Post Box No. 472 Madras-7. India**



TURN BACK THE HANDS OF TIME

Get back the vigour and strength of your best years

After 40 years of age, sometimes earlier, the glands of your body slows down its manufacture of vital hormones. The result is decreased vigour, reduced vitality, weakness, impaired health, etc.

Vigotone acts directly on the glands of your body and increases their vigour and activity, so that they again produce a full quantity of the hormones needed by the body. Soon your vitality and vigour increases; you feel many years younger and every symptom of weakness disappears. Vigotone is not a temporary stimulant or just another tonic, but a special invigorator for the lasting restoration of vigorous manhood. **It never fails to restore and increase the vital force of the body** and is very good for **loss of vital power, Premature** Aging, **Weakness** and **Debility.**

Try 3 bottles of Vigotone and feel the new vitality and power it puts into you. This will prove to you that it is a real rejuvenator for men.

Read these Testimonials

Mr. J. D. (Calcutta) "......I have taken 12 bottles of vigetone, and I am longer weak and run down. you can publish this if you do not use my name and address........"

Mr. L. W. (Jamshedpur) "......I have obtained real benefit from Vigotone, for it has cured me and given more vigour........."

Mr. V. S. (Bombay.) "......my doctor recommended Vigotone to me, and I have been taking it for the last six weeks with good results."

Free Booklet.

If you have lost vital strength and vigour, or if you have noticed symptoms of weakness, write for our free booklet about Vigotone.

Don't let past failures with useless medicines hold you back from a proper cure. Take Vigotone and it will increase your vigour week by week until vigorous manhood is restored.

New improved Vigotone gives very good results. Prices:—One bottle Rs. 7-8; Three bottles Rs. 22; Six bottles Rs. 43 and Twelve bottles Rs. 84, postage, etc., extra. We give a free bottle of special Muscula with every six bottles of Vigotone. Also Vigotone for women. Prices as above.

The British Chemical Works,

POST BOX NO. 472, MADRAS-7. India

HOPE FOR ARTHRITICS

THE MYSTERY IS ON THE WAY TO BEING SOLVED

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ARTHRITIS is believed to be the oldest disease in the world. Evidence of this painful scourge has been found among the remains of the first animals which inhabited the earth. Arthritis was so common among the citizens of the Roman Empire that the government constructed the famous Roman baths to bring relief to some of its miserable victims. Through recent years, arthritis and related diseases have been afflicting more men and women than either heart disease or high blood pressure. There are seven times as many victims of arthritis as there are victims of cancer, 16 times as many arthritis as there are, diabetics. And while most of these appear to favour middle-aged and elderly persons, arthritis hits young people, too,

Even so, arthritis has remained more of a mystery, even to physicians, than most other diseases. In part. this has been because is a highly complex group of diseases which appears in different forms under different circumstances. Mostly however, this has been because no large scale attempt has even been made to find out about arthritis Now, however, a growing number of experimental laboratories, clinics and hospital units have been sprouting in the U.S. and Canada. Out in Hot Springs, Arkansas, there's a new co-ordinating agency called the Foundation for Arthritis Research. Out of all this is coming a new comprehension of what arthritis is, and what arthritis is not. (Arthritis means "Inflammation in a joint.")

To begin with, arthritis isn't the same as rheumatism, even though the two words are often used interchangeably. Arthritis is a disease of any or all joints in the body; the wrists, shoulders, ankles, spine, knees, finger and hips. Rheumatism, on the other hand, is an over-all term used to designate all types of discomfort or disability involving the locomotor system. So arthritis, in a sense, is one form of rheumatism.

There are over 100 types of "rheumatic disease," and of these only 50 per cent. are rheumatoid arthritis and osteo-arthritis.

Generally speaking, rheumatoid arthritis hits men and women under 40. Osteo-arthritis hits those over 40. Of the two, rheumatoid arthritis is by far the mere serious. Nobody who has had rheumatoid arthritis questions the American Rheumatism association's official description of the disease: "The most distressing disabling and painful affliction known."

Rheumatoid arthritis is a slow sneaking disease, which creeps up so gradually that its victims date the onset in months and years.

It was about a year ago that Bil M., accountant for a paper mill, began to feel strangely fatigued. He would wake up in the morning with a headache. He would barely touch his lunch, and at dinner time would eat only what his wife forced him to. Every few days he would notice brief dumbness or tingling in his left knee. At first he chalked it up to an old football injury, but gradually he began to realise there was something seriously wrong with him. Finally, his knees became so swollen and painful that he found it difficult to walk, and was unable to do his work at the office. He limped into his doctor's office. The doctor knew immediately it was arthritis, but not until he had decided the case carefully could he definitely say "rheumatoid arthritis."

A number of different ailments produce the same general symptoms as rheumatoid arthritis does in its early stages. But by means of several recently developed diagnostic tests, doctors can now tell fairly early whether its rheumatoid arthritis or not. One of the tests, although not unique for rheumatoid arthritis. is to draw a small sample of the person's blood and examine its red blood corpuscles. For rheumatoid arthritis brings about singular changes in these corpuscles. The doctor

also looks for signs of anaemia, of low bloodpressure, of elevated body temperature, of muscular weakness—all possible indications of rheumatiod arthritis. With X-rays and other laboratory tools, he checks for telltale changes in the joints and in the tissues surrounding them.

If the patient has a true case of rheumatoid arthritis, the doctor will notice that the tissues and muscles directly above and below the joint may have undergone notice able shrinking (scientific name for this as atrophy). There will be a great deal of pain caused by (1) the inflammation in the joint, (2) the attempted movement, and (3) the resulting muscle spasm. The more the spasm, the less flexible and movable the joint becomes. Eventually, the joint may disintegrate completely, allowing the bones on either side to lack together, and may stay locked for the rest of the person's life. This terrifying process is called ankylosis. Rheumatoid arthritis can freeze a man's elbow at right angles; it can immobilise a women's spine so that she is turned into a grotesque hunchback.

Fortunately, in every dozen cases of rheumatoid arthritis, 10 do not end this way. With proper treatment three in four victims either recover completely or partially. Doctors generally find that the more slowly the disease develops, the worse its outcome. But doctors also have found that arthritis is the most unpredicatable of diseases. Some of the most favourable cases relapse unexpectedly. Sometimes the stubbornest cases quiet down without any treatment at all. Some patients have recovered completely after 10 years in a wheel chair.

But doctors warn that they don't come across such cases often. In the average case, treatment should begin within the first yesr, if there is to be a good chance for total recovery. Luckily, Bill M. got to his doctor in time. Bill's knees aren't giving him any more trouble. The treatment which helped him didn't involve any specific drug but was general treatment designed to build him up physically. Since rheumatoid arthritis is a disease not of the joints alone but of the whole body, doctors often succeed in curing it by prescribing such general measures as rest, sufficient nourishment, fresh air and sunshine as well as the proper local treatment to the joints,

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HOW TO CRASH A PLANE

"How do you crash an airplane without hurting yourself?" was the question Dr: Howard R. Bierman of the University of California medical school asked three famous stunt fliers, in an effort to find information that would help cut the death toll in forced crash landings of commercial and military planes.

The three fliers were top men in their field, "survivors of a large group of intrepid daredevils who pioneered in crashing aircraft for the motion picture industry." Dr. Bierman reported *in Aviation Medicine.* They were Air Force Lt. Col. Paul Mantz, long holder of the record of 46 consecutive outside loops; Major Frank Clarke, first man to hang from the tail skid of a plane in flight and return alive; and Tex Rankin (now deceased), one of whose airshow stunts was to fly a plane directly into a house built for the purpose. demolishing both vehicle and dwelling.

Safety advice of the stunt men boiled down to this: hit at lowest possible speed, but always keep the plane under control even when that means higher speed; keep the plane horizontal and try to hit first with a wing or wheel, never head-on—spinning and rolling movements of the plane may help; keep sharp objects out of cockpit and pockets; keep eyes open and avoid injury by moving; protect neck and eyes by throwing forearm across the face at the moment of impact and pressing the head back firmly; have a strong harness, quick release mechanism, and a definite, preformulated plan of escape for each occupant of the plane.

A HUNTER RATES AFRICA'S ANIMAL'S

E. L. VAN HUESEN

I'VE never met any man who knows the veld as well as Jack Pettern and I've never known a man whom fate has saved so many times from death, He has been mauled by a lion, gored by a buffalo bitten by three snakes, gripped by a crocodile and put on his death bed a full dozen times by malarial mosquitoes.

"Have you ever considered the record holders of the veld?" Pettern asked me one evening. "Those animals which, for some attribute or another can be said to be far in advance of all others?

"Take the strength of the elephant for example; it's an obvious one. One sundown, near Mahonti on the banks of the Shingovo River in Portuguese East Africa, I shot a cow elephant by mistake. It was deplorable, but in the fading light and in the dense bush I shot the wrong beast. I dared not move because of the bull. I crouched and prayed for the wind not to change its direction."

Pettern helped himself to a whisky and stretched. Standing before the fire he looked a man of 50 instead 68.

'Then I witnessed the most fantastic sight. That bull, simply by getting his tusks under the cow's body, began to roll her away. No naturalist will believe this story' Between four and five tons of flesh were being inched away into the blackness of the night, It's phenomenal, incre. dible, unbelievable' yet it happened!

"When I brought my boys back the next morning to trace the direction, All my chief Swahili tracker, fled in terror. The bull had uprooted, trees to clear a path and had moved the cow over three hundred yards."

Pettern's second choice, the fastest animal in Africa, was also an obvious one. He told how-he raced a car over the Athi Plains in Kenyo at 60 miles an hour for three miles and had not managed to keep up with a male cheetah.

He took me unawares on asking what I thought was the most fear-some animal in Africa. As he didn't want to make a game of it, he gave his own opinion immediately. "The gorilla," he said. "I'll cheerfully face a lion, an elephant or a raving buffalo, I never want to see another gorilia.

"I once saw a mountain gorilla tear a native to pieces in the Congo. Slowly, deliberately, and with a calmness that overshadowed all the feelings of fear and hate the animal must have had after getting a spear through his leg, this uncanny beast held the native down and literally tore him to pieces, limb from limb!"

We both agreed that the crocodile was the most loathsome creature of the land. It is the essence of evil. I told Pettern how, in Northern Rhodesia, one life was taken every four days at a small waterhole.

Native adults, their women and their children' all disappeared into the murky run-off from the jungle spring, until, in desperation, I tried an old dadge. Having the small pond guarded day and night, I sent to the nearest mining camp for dynamite. Then I blasted the spring and made a channel for the water to drain away.

Then we found him. Just one solitary old croc that had decimated the small village. A life every four days!

For all that, however, we decided that the most dangerous animal to humans in Africa was the lion that had turned maneater. Throughout the length and breadth of the Continent men and women are being killed and eaten by these beasts every hour of the day. The death toll is far higher, relatively, than the death toll from traffic in any large city.

Pettern reckoned that he had shot well over 100 confirmed man-eaters, apart from hundreds of others which raided native cattle' especially in the Rift Valley.

The biggest eater was the elephant but Pettern said his experience showed that the python was the animal which took the largest meals in relation to size.

While the biggest drinker is the elephant, the most abstemious is the gemsbok (a type of antelope.) These fast creatures can go without water for incredibly long periods.

While there is no doubt that the most prolific animals in Africa was the rat, we

had words over what we thought be termed the most sinister. In the end I acknowledged Pettern's observations and superb knowledge of our animal when he crowned the black mamba, a species of snake.

Sinister is the word. Running amok in a native village, one of these snakes will sink its fangs into any person within range. I have seen three men die in agonywithin half an hour of being bitten, but Pettern, in 1933, on the Kiambu Road saw four men, two children and six native dogs all killed within the space of an hour by a mamba that had taken up its quarters in a grain hut.

The rarest animal, Pettern decided, was the bongo a giant antelope with striped flanks, that lives in the fever forests of West Africa. "I spent two years in West Africa and only saw two. Native trackers confirmed what I said. They, with all their knowledge of the jungle, seldom come across the beast."

From the rarest we went to the shyest and as both of us had spent some time in the Belgian Congo we decided that the okapi deserved this title. They are by no means as rare as reports would have the public believe but are incredibly wary and difficult to approach.

It was easy to decide that the ugliest was the worthog, the fantastic creature that gallops around the veld with a frightening carnival mask, and the giraffe as the most grotesque.

But when it came to deciding the quain test there was considerable discussion. In the end Pettern agreed with me that the archaic aadvark (earth pig) with its trunk-like snout, hairless body and incredible powder of digging its way to safety, was certainly the quainteat animals in Africa. It is in fact, a living fossil.

The creature with the sharpest eyes is the vulture. Flying perhaps half a mile above the veld and able to penetrate the inevitable heat haze that lies lies over the veld, the vulture can spy out a carcass or the spot where one is without any difficulty.

As the first vulture wheels sideways and begins to drop to earth, all the other vultures in the sky for miles around notice the meaningful maneuver and follow. Within a few minutes as many as 50 of these scavengers will be sitting around their gory meal.

The daintiest and most graceful animal in Africa, Pettern said, was the impala, that beautiful antelope that is found in tens of thousands and is one of the sights of the South African Game Reserve.

"Well, there's only the most cunning animal find now, and then it's time for bed," I said,

Pettern replied at once. "The buffalo, every time. I don't like the beast, and, while I would never admit to being frightened of it, I always keep out of it sway. Unless, of course, I have a job of work to do with my rifle and a buffalo.

"I have been gored once, tossed once, and treed four or five times. I don't think there is another beast with quite the same sagacity.

"You wound it and then you find that you are being stalked. You follow it and you find that you are being followed.

"It will feign death so that you approach, it will feign injury to give you confidence; it will feign indifference to make you courageous. But in the end it is only the bullet from your 450 express that is the master of the buffalo!"

PIGEONS MAGNETIC SENSITIVITY DEBUNKED

The theory that homing pigeons pilot themselves by sensing the earths magnetic field has been strongly refuted by an experiment reported to *Scienee.*

Sixteen trained racing pigeons were used in the test, which was a severe one, forcing the birds to home from a distance of 70 miles after having been released under unfamiliar and confusing conditions, would presumably confuse any sensation they might get from earth's relatively feeble magnetic field. The other eight carried small bits of brass of the same size and weight as the magnets. The non-magnetic brass would presumably not interfere in any way with any "magnetic sensations" the pigeons might be getting.

Four of the brass-carrying birds finally homed—and five of those that carried the magnets. (Continued on page 12)

WITCHCRAFT RULES IN SWARILAND

THE Swazi were like their kindred Zulu, a war like people, and owing to the inaccessibility of their country, were little troubled by the white man until late in the last century. Today, many of their young men go to work in the mines in Johannesburg, for periods varying from a few months to two or three years; but when they return they are quickly reassimilated into their tightly knit tribal life.

The Swazi are unique among African people inasmuch as their constitution lays down that two sovereigns, son and mother must rule over them jointly. Each holds a court of his own and, through this court, is allowed to exercise full jurisdiction and authority. The Constitution provides that the Kings Court, and vice versa, and the chief duty of those Ministers is to keep the business and policy of the two monarchs in close harmony for the good of the country. Afrer the death of the King, his kraal loses all importance, the Queen Mother takes full charge until she hands over to the succeeding King and Queen Mother.

All land is held by the King in Trusteeship for his people, but he may apportion it as he may pleases. It is, in fact, generally divided in to districts, each governed by a member of the Royal family. Both the King and Queen have the right to claim labour from their subjects.

The ordinary man wishing to have his fields hoed, slaughters a beast, brews beer, and calls his neighbours to help. If the work is not completed in one day he must invite another set of friends next day When crops are in danger of spoilation by birds, the whole village is mobilised as "scare-crows."

The Swazi have a cattle culture; their lives are closely bound up with those of their herds the latter are their wealth, and also play a great part in their domestic and public ritual in connection with which there are many taboos. The Swazi have songs to be sung on certain occasions only, at seed time or harvest. They have words to be said when courting, or brewing beer; cattle to be slaughtered at seasonal feasts, at weddings or annualls at the graves of the Royal ancestors. Every word and gesture has significance, though time and custom have sometimes blurred the original meaning and it is only half remembered or understood.

The greatest feast of the year is the Incwala, or first fruit ceremonies, which take place about May. This lasts six day's programme proceed in traditional order.

Before the feast starts, one of the chief witch-doctors is selected to make a pilgrimage to the sea, accompanied by attendants. He must set out with the new moon, bringing a calabash of seawater and certain herbs. In olden days the pilgrimage was made on horse back, today it is made by car and takes a far shorter time; consequently, the witch-doctor finds he is back near the Royal kraal before the new moon has waned, and he compromises with tradition by remaining in seclusion until the time appointed for his return.

The King is the central figure and leader of the ceremonies, one of the most important of which is the slaughtering of a black bull. The luipis (regiments) are formed up and dance, before the bull is led into the arena and pummelled to death by the fists of the young warriors. The flesh is then distributed amongst them.

During these ceremonies and at this time only, special songs are sung. These songs are held in such esteem that is a punishable offence to sing them at any other time, and one or two anthropologists who have heard and noted them down would not think of publishing them in a scientific study, so greatly would it offend the King.

Europeans often unthinkingly criticise the practice of "buying wives." This is largely because they have no understand-

ing of the social and econmic set-up of native peoples. The "lobolo," or bride price, which may vary from ten head of cattle for a commoner's daughter to 50 for a Princess of the Royal House, is not a contract of sale or barter, as it give the man no property rights. He cannot sell the woman again, and if he ill-treats her she can return to her people. Equally, "lobolo" is not a dowry, since it is paid by the man's clan or group; it is to legalise the children.

On her marriage, each woman is given land of her own to cultivate, and has her own granary, made on a wooden platform raised about 8 ft. from the ground. Almost every woman has economic security in this polygamous society. As in Western countries, it is the bride who is the "piece de resistance" at the wedding; the bridegroom is of so little importance it is not necessary for him to be present at all! It frequently occurs that a young man, returning from several months' work in the mines, will find two or three wives added to him. His people, knowing that arrangements had already been made with their parents, would conclude the arrangements. thus showing how much marriage is a matter of contract affecting groups of people as well as individuals.

Swaziland still remains a hotbed of witch-craft, and the native still believes that most sickness comes as the result of sorcery. Before the establishment of a British Resident, and the Administration at Mbabane, the capital, witchcraft was punishable by death after a public smelling-out or "Umllalo." These have now been declared illegal because the accused was not given a fair trial: the fac that the native does not believe it possible to bring a sorcerer to book by ordinary means was disregarded, and consequently sorcery in all forms has increased. Ritual murder is still practised, and various organs, not necessarily the same in every case, are taken for use as medicine, though it is not known to Europeans how this is prepared. Nor is the victim always the same sex or age, and the medicine may be required to doctor unsatisfactory crops or to increase the "patient's" personal prestige.

CURE ANTICIPATED

WHOOPING cough has caused more deaths among children than any other child's disease and until now there has been no cure for the complaint. It is difficult to imagine any ailment which could cause a small child more discomfort. And parents will applaud British research workers who have discovered a new antibiotic which may provide the cure, An anti-biotic, incidentally, is a substance produced by a living body which a destructive or inhibitory effect on a microorganism. This one which is called *Aerosporin* is said to have been used with success on animals infected with typhoid fever. It can be produced easily and stores without deterioration. The organism which produces the substance was first isolated from the soil of an English garden,

New Tropical Fruit

Staff members of the Tingo Maria Experiment Station in Peru have discovered in the upper reaches of the Amazon a fruit, the cocona which, in the opinion of Joseph I. Fennel of the Inter-American Institute of Agricultural Sciences, Turrialba, Costa Rice. "constitutes a definite gain in tropical fruiticulture."

There is reason to believe that the cocona has not reached the gardens of the outside world, though it is a garden plant in the horticultural sense. Mr. Fennel is growing the cocona at Turrialba with results that ought te interest horticulturists.

Coconas are big berries. They look somewhat like large red or yellow apples

but grow in compact clusters like grapes. A single plant may be loaded down with 40 or 60 pounds of fruit.

Coconas are harvested in seven months after planting, but ripening may continue for several months. From bright yellow the fruit turns to burnt-orange as it matures. A peachlike fuzz is easily rubbed off to leave a clear, blemish-free skin. The flesh and inner pulp are pale cream in color.

Coconas are too acid to be eaten off the plant, but when peeled and used for perserves, pies and sauces, they compare favorably with apricots, pineapples or gooseberries. Fennel says that when thus used the cocona is at least the cqual and probably the superior of most fruits that housewives use for cooking o1 preserving.

Deadly Snake

The taipan is regarded as Australia's most deadly snake, and among the deadliest in the world. It seems to be confined to parts of Cape York Peninsula. Only when soldiers went to this part of the country was much heard about the taipan. Most Australian snakes will run from a man if they can, but the taipan is said to attack without provocation, and is so fast that in grassy country a man has little chance of escape. Specimens more than nine feet long have been seen, have fangs are long and curved, while the venom is deadlier than that of most other snakes. Men are now searching for specimens of this deadly snake, and trying to learn more about it.—"*Eureka.*"

Eruption of Mauna loa

Mauna Loa erupted early this year. Strange as it may seem, Hawalians rejoiced—eruptions always mean a boom in the tourist trade.

So far as the records of this department go, only one man was ever killed by the flowing lava of a Hawaiian volcano, a careless photographer who died of burns in a hospital. Yet the rivers of lava can be formidable. The one of 1926 was about 1,500 feet wide and 80 feet deep.

Mauna Loa rises 13,675 feet above sea leavel. It is the second highest mountain on the Hawalian Islands and one of the world's greatest volcanoes. There was always time enough for farmers and house owners in the fiery yath of lava to get out of the way.

Though Mauna Loa probably has been active for centuries, the first eruption of historic times a mild one, was described and recorded in 1832. The volcano has poured out lava at intervals ever since. The longest period of quiescence was nine years (1888–96). The last eruption before this year's occurred in 1942.

Unlike most volcanoes, Mauna Loa spews lava rather than ash and hot mud. The eruption are not explosive. Lava wells out of cracks—rarely from the crater—and streams across the land. Sometimes there are fountains.

Mauna Loa fumes and frets in a small way frequentily, but it bursts out about once every four years and more spectacularly every 11 years, which happens also to be the period of the sunspot cycle. This year's eruption does not fit into the shorter cycle, for which reason if was unpredicted,

During the last century the volcano poured out more lava than any other on earth. Steam vents, shoot out feathery clouds, lava boils up and spills over the slopes, scarlet spots appear where gases blow off the lid of hardened lava, white-hot streams of molten lava gush from fissures. On rare occasions lava has reached the sea.

The amount of lava that comes out of Manuna Loa is stupendous. Tbe entire volcano is composed of molten rock that bubbled up from below. The great flow of 1859 contained an estimated 350 billion wagon loads of lava; the flow of 1881–82 was almost as large.

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(Concluded from page 8)

Fearing insomnia may cause it

Fear of not being able to sleep is one of the commonest causes of sleepessness, or insomnia, says Dr. Gadmund Magnussen, Danish psychiatrit. The fear dispels any possibility of sleep, and a chain reaction of sleeplessness is set up night after night.

In general, Dr. Magnussen believes, any intense emotional experience, whether it is a pleasurable emotion like joy or a depressing emotion like grief or worry, is likely to result it sleeplessness.

Quite, darkness, absence of physical illness and pain are external conditions needed for good sleep. In addition, certain internal conditions are necessary. The most important, of these is absence of emotional disturbance. In some persons such disturbance may be so severe that they need psychiatric treatment.

Simple home remedies, such as a light, late supper, but not a heavy one, or a glass of beer or wine just before Bedtime, help many insomnia sufferers. Practicing a simple eeremonial every night before going to bed helps many.

GREEN-EYED EVE!

Since the beginning of time, woman has distrusted man. In fact it all began with Adam and Eve, so the legend goes. It seems that Adam told Eve that he wanted to take a stroll in the Garden of Eden and wouldn't be gone very long. However, it was long past two A.M. when Adam came wandering back to his little love nest.

Of course, Ever-loving Eve was upset. Where had Adam gone? How had he spent his time? And with whom?

Adam put down his staff and rested on his pallet. "Dear," he said, "aren't you being ridiculous? We two are the only human beings on earth. How could I possibly have done anything wrong?"

But Eve was suspicious, as all women are. And so, as Adam lay sleeping, she began counting his ribs!

Keeping Sheep Healthy

THINGS TO AVOID

New Delhi: Sheep are subject to ailments, parasites and diseases like other farm animals. These can be prevented to a great extent by taking certain precautions.

Sheep fall ill if grazed on land where there is water stagnation or grazed on rank or lush grass. Allowing them to drink stagnating water and bedding them on filthy, wet ground also upset the health of sheep. A sudden change from a dry pasture to an abundant green grazing will also cause sheep losses. Overstocking sheep in a limited area not only will result in the destruction of the usetul grass, but land will be fouled with dung and urine. On such lands, external and internal parasites or wet and unhealthy conditions will give rise to cold, cough, pneumonia and diarrhoea.

Sheep bred and reared in a particular area develop a natural resistance to the ill-effects of parasites or diseases of the area. When rearing a new breed or changing the sheep to a new area, this point also must be remembered.—ICAR.

NEW STYLES IN SMUGGLING

Hundreds of drunken pigs and stocking footed cattle have been smuggled across the Dutch border into Belgium within the past two years.

Illegal traffic in noisy livestock is a difficult profession, when they must be slipped by night across the closely guarded frontiers of Holland and Belgium. Hooves of cattle are muffled with heavy burlap socks, and to prevent moving their mouths are smeaced with soap, which has an attraction for the cattles' tastebuds. Rather than moo, the animals constantly lick the substance.

Belgians buy their cattle and pigs in Holland with cheaply-acquired florins, get them across the border unseen by customs officials and resell them for Belgian francs

—United Press.

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Printed by T. T. Chockalingam, at Sakthi Press 53, Badrian Street, Madras-1
Edited & Published by Mr. W. E. Wilson, 31. Ritherdon Road, Vepery, Madras.